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SPECIAL REGULATIONS, NO. 23

Field Physical Training of the Soldier

1917



WASHINGTON
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SPECIAL REGULATIONS, NO. 23.

WAR DEPARTMENT,
WASHINGTON, May 10, 1917.

1. The field physical training of the soldier will be carried out in accordance with the directions laid down in this syllabus, prepared by Capt. Herman J. Koehler, United States Army, master of the sword, instructor in military gymnastics, etc., United States Military Academy.

2. A battalion inspector-instructor will be appointed for each battalion under their command by the camp commanders. This officer shall be responsible for this training in the battalion to which he is assigned.

3. The syllabus is based upon the Manual of Physical Training for use in the Army, to which reference should be made in case more detailed information is desired.

4. These directions will also apply to the training of officers of or candidates for the Officers' Reserve Corps, except as regards the time devoted daily to this instruction. Camp commanders in charge of the instruction of reserve officers and candidates will take all necessary steps to have all those attending these camps thoroughly instructed in the principles, theory, and the practical application of this training, as herein laid down, so that every reserve officer will be qualified to impart his instruction intelligently when he enters active service.

[2590795 A. G. O.]

BY ORDER OF THE SECRETARY OF WAR:

H. L. SCOTT,
Major General, Chief of Staff.

OFFICIAL:

H. P. MCCAIN,
The Adjutant General.



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FIELD PHYSICAL TRAINING OF THE SOLDIER.

SECTION I.

GENERAL OBJECT.

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1. **Efficiency of Military Establishments.**—That the efficiency of a military establishment is in a direct ratio to the physical fitness of its individual units has never before been demonstrated so forcibly as it has been during the present war.

The demands made upon those engaged in this conflict are so far in excess of what was thought to be the limit of human endurance, judged by a before-the-war standard, that it is almost impossible to conjecture even what that limit really is.

2. **Demands of modern warfare.**—While modern warfare has not hesitated to impress almost every known science into its service for the purpose of overcoming man, the trained man has up to the present time demonstrated his ability to hold his own against the most terrible odds successfully; and in the end it will be discovered that it is the *man*, the carefully trained and conditioned man, who alone can make victory possible.

3. **Necessity for physical training.**—With these facts before us it follows logically that the physical training, development, and conditioning of those recruited for the military service must be the first and most important concern of a nation at war.

4. **Object sought by this course.**—The object, therefore, that a course in physical training for recruits must aim to attain is the development of every individual's physical attributes to the fullest extent of their possibilities, so that he may enter upon the duties his profession imposes with the utmost confidence in his ability to discharge them successfully under any and all circumstances.

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5. What course must embrace.—In order to accomplish this object the course must embrace those means that will develop:

(a) General health and organic vigor.

(b) Muscular and nervous strength, endurance and fortitude.

(c) Self-reliance and confidence.

(d) Smartness, activity, alertness, and precision.

6. As the extent of the development of all the physical attributes is determined by *health* and *vigor*, these must be considered the basis of all physical training.

7. The possession of *robust health* and *organic vigor* is not, however, sufficient for the field soldier; his profession requires that he also possess more than the average amount of *muscular* and *nervous strength*, *endurance*, and *fortitude*, against which he may draw in times of stress.

8. With robust health and organic vigor as a basis, and with the knowledge that he possesses an unusual amount of muscular and nervous strength, he must be taught how to conserve the former and how to use the latter to the best advantage. By learning to do this he will unwittingly develop *self-reliance* and *confidence*, which are, after all, physical qualities, since they give to him the courage to dare because of the consciousness of the ability to do.

9. *Smartness*, *activity*, *alertness*, and *precision* are all physical expressions of mental activity, and as such they are the powers that guide and control the physical forces to the best advantage. They also make for personal pride and self-respect and *discipline*, the *voluntary*, *intelligent*, *coordinated*, and *equal subordination of every individual unit*, through which alone the objects of the mass can be achieved.

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10. Scope of activities.—The scope of field physical training is necessarily limited to those activities that can be indulged in without the aid of any appliances, or with the aid of such appliances as may be improvised, and, finally, with such as the equipment of the soldier provides.

These means embrace:

1. Setting-up exercises.
2. Marching and exercising in marching.
3. Double timing and exercises in double timing.
4. Jumping.
5. Rifle exercises.
6. Bayonet exercises.
7. Vaulting and overcoming obstacles.
8. Athletic games and contests.

11. Setting-up exercises.—The setting-up exercises are to be considered the basis for all other activities. Their importance can not be overestimated, as by means of them alone it is possible to effect an all-round development impossible by any other means, while their disciplinary value is almost as great as their physical value.

In the prescribed course only those exercises have been included whose value from a physiological and military point of view is unquestioned.

12. Lessons to be progressive.—The lessons are progressive, each one being complete in itself with respect to the results they are intended to produce. Exercises for all parts of the body are included, arms, neck, shoulders, trunk, and legs are employed in every lesson, for the purpose of every lesson is the harmonious development of the *entire body*. Thus each lesson contains a disciplinary feature; a repetition of the various starting positions, the "manual of arms" of physical

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training; an introductory arm movement; and in the order named, leg exercise, trunk exercise, turning; leg exercise; trunk exercise, dorsal; shoulder exercise; trunk exercise, lateral; arm exercise; trunk exercise, abdominal; balancing exercise, and a breathing exercise. This sequence is adhered to in general in every lesson.

13. **Conditioning and concluding exercises.**—Following the setting-up exercise, and in the order named, such general conditioning exercises as *Marching, Jumping, Double timing, Gymnastic contests*, and the *Concluding* or restorative exercises should be given.

14. **Rifle exercises.**—Rifle exercises have for their object the development of "handiness" with the piece, which is dependent upon the strength of the muscles of the arms, shoulders, upper chest, and back. Only those described on page 134 of the Manual of Physical Training are recommended for recruit training.

15. **Bayonet training.**—Bayonet training, aside from its military value, is a most important adjunct to the physical training course, as it not only calls into play every muscle of the body, but makes for *alertness, agility, quick perception, decision, aggressiveness, and confidence*. The instruction in bayonet training should be carried out in accordance with the Bayonet Training Manual.

16. **Vaulting and obstacle course.**—Vaulting and overcoming obstacles are exercises of application, and should be practiced upon such appliances, bars, fences, etc., as may be readily improvised.

17. **Athletics, games, and gymnastic contests.**—*Athletics, games, and contests* should be considered recreational and only such athletics, games, or contests in which it is possible to employ large numbers at the same time and in which the element of personal contact predominates should be practiced. (See Manual of Physical Training, pp. 301-313.)

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18. **Instruction material.**—The instruction material of the field physical training for recruits should be divided into two daily periods, each of an hour's duration, and the course should be completed in three months.

The *morning period* should begin an hour and a half after breakfast, and the *afternoon period* should end a half hour before retreat.

19. **Morning period.**

1. **Disciplinary exercises.**—Two minutes, including starting positions. These are composed of going from *at ease* or *rest* to the position of *attention* and the facings. When these are followed by a few snappy executions of the *starting positions*, the mind of the recruit is concentrated upon the work to follow.

2. **Starting positions.**—One minute, going from one to another with accuracy, snap, and speed.

3. **Setting-up exercises.**—Twenty minutes.

As stated before, these are the most important of the training course. Every movement must be executed with greatest *accuracy*, *precision*, and *smartness*. *Proper posture* must constantly be insisted upon, and in order to develop an intelligent responsiveness attention should be called to the object of each movement and also to the muscles that are being employed.

Each movement of every exercise should be performed separately at a command, that is indicative of the movement, and held while corrections are made. This static execution, after a few repetitions, should then be followed by performing the exercises in response to commands given in a regular cadence, which, however, should be so divided that the men have an opportunity to maintain each position momentarily before moving into the next. Finally, in order to relax the muscles that were employed

and to inculcate rhythm and coordinated mass movement and develop flexibility, the exercises should be repeated rhythmically several times.

4. *Marching and exercises while marching.*—Five to eight minutes. The object of these exercises is the development of proper poise and carriage while marching.

The leg and trunk exercises prescribed will develop suppleness, strength, and endurance, while the arm exercises are intended to develop coordination. The military gait is described on page 88 of the Manual of Physical Training. In marching or while standing, except when at attention, the toes should be turned straight to the front.

5. *Jumping.*—Five to eight minutes.

When indulged in as a gymnastic exercise, where a series of moderate jumps are taken in succession, it is essentially a leg and heart developing exercise of moderate severity. When used athletically it necessarily becomes more severe.

The men must be taught to take-off with either foot.

For military purposes it should be used as a medium to teach men to overcome such obstacles as are likely to present themselves in the field. See page 193 of the Manual of Physical Training.

Jumping exercises should be developed gradually, and in the beginning *form* and *precision*, rather than distance, should be constantly insisted upon. As the men become more proficient, they may be caused to extend themselves gradually.

6. *Double timing.*—Five minutes.

There is no exercise that will develop condition, vigor, and endurance as double timing at a moderate rate of speed. In the service men will be taught how to double at the least physical expenditure, so that in case of an emergency they will be able to cover considerable distances and arrive at their destination fit. Toes should be turned straight to the front while double timing.

The exercises described in this course are intended to lay the foundation for future efficiency; the leg exercises on the double are intended to develop flexibility and mobility, the heels should therefore be kept clear of the ground.

Breathing should always be carried on through the nostrils.

The difference between the *military double*, *running* and the so-called *flexion* run, should be explained. See Manual of Training, pages 310 and 311.

Endurance runs should form part of the afternoon period, instructors being cautioned to proceed cautiously and train the men carefully. The regulation speed and stride prescribed by the Drill Regulations is recommended.

7. *Gymnastic contests.*—Ten minutes. Every lesson should terminate with one or more of the contests described on pages 39-40.

8. *Concluding exercises* are intended to diminish the heart action and restore normal respiration.

20. Afternoon period.—The afternoon period should be devoted to—

1. Bayonet training, 30 minutes.

2. Games and contests, 30 minutes, alternating daily with—

(1) Bombing practice, 20 minutes.

(2) Conditioning exercises, double timing to develop endurance; vaulting and overcoming obstacles, 15 minutes.

(3) Rifle exercise, 10 minutes.

21. Endurance exercises.—For endurance running a regular measured course should be laid out, and an obstacle course of about 100 yards should be provided, the obstacles in the course to consist of a (1) 5-foot shallow ditch; (2) a row of low 2½-foot hurdles; (3) a bar fence with a top bar adjustable from 3 to 4½ feet; (4) a sand-bag wall 4½ feet high; (5) a shallow ditch 8 feet wide; (6) a 7-foot wall; (7) an elevated balance run 48 feet long; (8) a 2½-foot hurdle.

Intervals between the obstacles to be 12 yards. Other obstacles may be introduced; if natural obstacles are available, they should be utilized.

The course should be wide enough to accommodate a platoon at one time, allowing about 5 feet per man.

By starting the men at 25-yard intervals a whole company may be engaged at one time, a single course being sufficient for an entire battalion or even a regiment.

22. Officer in charge of instruction.—The direction of this training should be placed in charge of a *battalion inspector-instructor*, who shall train the company officers and the platoon leaders so that they may be able to impart this instruction intelligently to the men of their command.

23. Number of men to be instructed.—As a rule this training should not be imparted to any unit greater than a platoon. For disciplinary reasons and in order to weld the company into a compact, alert, and quick unit, and, lastly to create a spirit of enthusiasm, which can not be accomplished by any other means as effectually as by this, the whole company should be drilled as a unit at least once a week.

When the men become proficient a whole battalion may occasionally be drilled together.

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HINTS TO INSTRUCTORS.

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24. **Instructors must be conscientious.**—Instructors must go at this work conscientiously; they must be well prepared and in every way qualified to conduct this work successfully, for in no profession does the individuality and the ability of an instructor count for as much as in the military, and particularly in this phase of it.

Instructors must therefore always be an example to the men; be stripped and ready for action and prepared not only to describe an exercise minutely and clearly but to perform it correctly.

25. **Drill must be made attractive.**—The drill should be made as attractive as possible. It should act as an exhilarant, and this will not result if the mind, which exerts more influence upon the body than any extraneous influence, is not employed, for it is impossible to brighten a man's physical faculties if his mental faculties are being dulled, and vice versa.

26. **Exercise the means, not the end.**—It should be borne in mind constantly that the exercises are the *means* and not the *end*, and that it is the application of an exercise rather than the exercise itself that brings results. Whenever a doubt arises in an instructor's mind as to the effect of an exercise, or the condition of a man, he should always err on the side of safety. *Underdoing is rectifiable; overdoing is often not.*

27. **Respiration while exercising.**—Every exercise should, if possible, be accompanied by an uninterrupted act of respiration; *inhalation*, whenever possible, should accompany that part of an exercise that tends to elevate and extend the thorax, while *exhalation* should accompany that part of an exercise that tends to exert a pressure on the chest walls.

28. **Time for physical drills.**—Exercises should never be indulged in *immediately before or after a meal*; digestion is

of primary importance at such times. An hour and a half should elapse after meals before engaging in any strenuous exercises, and, if possible, such exercises should terminate an hour or at least a half hour before eating.

29. "Before reveille" drills.—"Before reveille exercises" are not recommended; if indulged in at all, they should never go beyond a few arm stretchings and relaxed trunk-bending exercises; just exertion enough to mildly accelerate circulation.

30. Uniform to be worn.—The uniform to be worn will depend upon the season of the year and the weather conditions. During the summer undershirts, loosely laced breeches, and tennis shoes may be worn; during the colder months flannel olive drab shirts and the ordinary shoe should be prescribed. The leggins will not be worn.

After exercising the underclothing should be immediately removed; and if it is impossible to bathe, the body should be thoroughly rubbed dry with a coarse towel.

31. Instruction to be an inspiration.—Finally, instructors must constantly be an inspiration to the men, for only by giving themselves up without stint can they expect to be successful.

SECTION V.

COMMANDS.

	Paragraph.
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32. Kinds of commands, and how given.—There are two kinds, *preparatory* and *executive*.

The *preparatory command* describes and specifies what is desired and the *executive command* calls what has been described into action.

Preparatory commands are usually printed in ordinary, or *italic*, type, and executive commands in CAPITALS.

Thus: 1. Arms forward, 2. RAISE.

The tone of the command should always be animated, distinct, and of a loudness proportioned to the number of men for whom it is intended.

Instructors should cultivate a proper command, as its value as a tributary to the success of any military drill can not be overestimated.

After an exercise has been described, its various movements or parts should be performed at *executive words*, which indicate not only the movement that is desired but the manner of the execution. Thus: 1. Trunk forward, 2. BEND, 3. RECOVER (or RAISE), here the word *bend* is drawn to indicate moderately slow execution; the recovery being a little faster, the word *recover* should be spoken to indicate it.

The word RECOVER should always be used to bring the men back to the original position.

If it is desired to continue an exercise, the command EXERCISE should be used and the cadence or rythm should be indicated by words or numerals. If numerals are used, they should equal the number of movements composing the exercise. Thus an exercise of two movements will be repeated at *one, two*; one of four movements will require four counts, etc.

The numeral or word preceding the command *HALT* should always be given with a rising inflection in order to prepare the men for the command *halt*.

Thus: 1. Thrust arms forward, 2. EXERCISE, one, two, one, two, *one*, HALT.

If any movement of any exercise is to be performed with more energy than the others, the word or numeral corresponding to that movement should be emphasized.

SECTION VI.

POSITIONS AND FORMATIONS.

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33. Position of attention.—This is the position an unarmed, dismounted soldier assumes when in ranks or whenever the command *attention* is given.

In the training of anyone nothing equals the importance of a proper posture; it is the very foundation upon which the entire fabric of any successful course in physical training must be founded.

Instructors must persist in the development of this position until the men assume it from habit.

At the command 1. Company (Squad, etc.), 2. **ATTENTION**, the following position is assumed:

1. *Heels together and on a line.*

If the heels are not on a line, the hips, and sometimes even the shoulders, are thrown out of line.

2. *Feet turned out equally, forming an angle of 45°.*

If the feet are not turned out equally, the result will be the same as above.

3. *Knees extended without stiffness.*

Muscles should be contracted just enough to keep the knees straight.

4. *The trunk erect upon the hips, the spine extended throughout its entire length; the buttocks well forward.*

The position of the trunk, spine, and buttocks is most essential. In extending the spine the men must feel that the trunk is being *stretched up* from the waist until the back is as straight as it can be made.

In stretching the spine the *chest* should be *arched* and raised, *without*, however, *raising the shoulders* or *interfering with natural respiration*.

5. *Shoulders falling naturally and moved back until they are square.*

Being square, means having the shoulder ridge and the point of the shoulder at right angles to a general anterior-posterior plane running through the body. They should never be forced back of this plane but out rather in line with it.

6. *Arms hanging naturally*, thumbs against the seams of the trousers, fingers extended, and back of hand turned out.

The arms must not be forcibly extended nor held rigidly; if they are, a compensating faulty curve will occur in the lumbar region.

7. *Head erect, chin raised* until neck is vertical, eyes fixed upon some object at their own height.

Every tendency to draw the chin in must be counteracted.

8. When this position is correctly assumed, the men will be taught to *incline the body forward* until the weight rests chiefly upon the balls of the feet, heels resting lightly upon the ground.

When properly assumed, a vertical line drawn from the top of the head should pass in front of the ear, shoulder, and thighs, and find its base at the balls of the feet.

Every tendency toward *rigidity must be avoided*; all muscles are contracted only enough to maintain this position, which is one of coordination, of *physical and mental alertness*, that makes for mobility, activity, and grace.

34. **Position of rest and at ease.**—When men are standing *at rest* or *at ease* they must be cautioned to avoid assuming any position that will nullify the object of the position of Attention. Standing on one leg, folding arms, allowing shoulders or head to droop forward, must be discountenanced persistently until the men form the habit of resting with feet separated but on the same line, hands clasped behind the back—head, shoulders, and trunk erect. (M. P. T., pp. 21 and 22.)

35. **Formations.**—When exercising in small squads, the men “fall in” in a single rank and, after having “counted off” by fours, three, or twos, as the instructor may direct, distance is taken at the command: 1. Take distance, 2. March, 3. Squad, 4. HALT. At *March*, No. 1 moves forward, being followed by the other numbers at intervals of four paces. HALT is commanded when all have their distances.

At the discretion of the instructor the distance may be any number of paces, the men being first cautioned to that effect.

When distance is taken from the double rank, No. 1 of the rear rank follows No. 4 of the front rank, and he is in turn followed by the other numbers of the rear rank.

If the instructor desires the files to cover, he commands: 1. In file, 2. COVER. Nos. 1 stand fast, the others moving to the right with the side step until the Nos. 1 are covered.

To return to original formation, the instructor commands: 1. Assemble, 2. MARCH. No. 1 of the front rank stands fast and the other numbers move forward to their original places.

SECTION VII.

GENERAL REMARKS.

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36. **What course comprises.**—The following course comprises 12 lessons, one for each week of the three months' training course. No advance lessons should, however, be taken up until satisfactory proficiency has been made in the preceding lesson.

At the discretion of the instructor the essential principles of the last lesson may be incorporated in the advance lesson.

37. **Number of times an exercise should be repeated.**—The number of times an exercise should be repeated has not been specified, as that will depend entirely upon the strength, aptitude, and proficiency of the men and upon the *common sense* of the instructor, who is again *warned to err upon the side of safety*.

38. **Exercising to point of exhaustion.**—To exercise men to the *point of exhaustion* is not only liable to *result seriously*, but it *kills the spirit and enthusiasm* of the men, and without these successful military training of any kind is impossible. It can not be impressed too urgently upon instructors and upon others connected with the training of recruits that this drill, particularly the morning drill, must leave the men fit, able, and eager for their other tasks with an increased rather than with a diminished amount of exuberance.

Instructors who have not the faculty of obtaining this result should not be intrusted with this instruction.

39. **Starting positions and commands therefor in first four lessons.**—In the first four lessons the starting position from which the exercises are executed and the commands for assuming these positions are given. In the other lesson these commands are omitted, instructors, it is taken for granted, being able to substitute the proper commands.

40. **Progressive difficulty, how obtained.**—In a general way the difficulty of an exercise is increased progressively by adding to

the radius of action, by employing two or more parts of the body simultaneously, or by changing the radius of action in conjunction with the principal movement. Thus in the trunk exercises the part about which the movement takes place is held fixed by the hands in the beginning. When sufficient coordination has been developed and these parts can be controlled without the aid of the hands, the radius is augmented by assuming certain horizontal or vertical positions with the arms; finally, difficulty is added by changing the radius of action from one plane to another, or from one position to another in the same plane simultaneously with the principal movement. It will thus become necessary to impress upon the men the necessity of learning to move one or more parts of the body independently of those that are not specifically employed.

41. **Significance of numbers bracketed after exercises.**—Where bracketed numbers are found after an exercise, they refer to pages in the Manual of Physical Training, where similar exercises are illustrated and described.

42. **Instructors must familiarize themselves with work.**—Instructors are cautioned that success can only be expected if they themselves are thoroughly familiar with every exercise.

43. **Definition of the stride and straddle positions.**—Where the term *stride* is used in the lessons it signifies the movement of one foot in the direction *indicated* to a distance of about 20 inches; the term *straddle* signifies the separation of both feet simultaneously, with a slight hop, the distance between the feet is about 30 inches. In both positions the weight is divided equally upon both feet.

44. **Frequency of rests.**—In the beginning frequent rests should be given; later, as the men become better conditioned, the frequency of the rests should be decreased.

Short and snappy drills are always to be preferred to long and tedious ones.

SECTION VIII.

LESSONS FOR RECRUITS.

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45. **First lesson.**—A. Disciplinary Exercises. 1. Attention; 2. At Ease; 3. Rest; 4. Facings.

B. Starting Positions. (M.P.T., pp. 25 to 29.)

C. Setting up Exercises (every exercise has two motions):

1. Arms forward, 2. RAISE. Swing arms downward and forward.
2. Hands on hips, 2. PLACE. Rise on toes. (33.)
3. Hands on hips, 2. PLACE. Bend head backward; same, forward. (38.)
4. Hands on hips, 2. PLACE. Turn trunk right; same, left. (40.)
5. Arms to thrust, 2. RAISE. Half bend knees slowly. (35.)
6. Hands on hips, 2. PLACE. Bend trunk forward. (36.)
7. Arms to thrust, 2. RAISE. Raise and lower shoulders. (32.)
8. Hands on hips, 2. PLACE. Bend trunk sideward, right; same, left. (37.)
9. Arms forward, 2. RAISE. Stretch arms sideward. (43.)
10. Hands on hips, 2. PLACE. Bend trunk backward. (34.)
11. Hands on hips, 2. PLACE. Raise knees forward alternately. (41.)
12. Breathing Exercise: Inhale, raising arms sideward; exhale, lowering arms.

D. Marching Exercises:

1. Marching in column in quick time and halting.
2. Same, marking time, marching forward and halting.
3. Same, marching on toes.

NOTE.—Jumping and double-timing exercises and contests should not be included in the first week's work.

46. Second lesson.—A. Disciplinary Exercises. Same as in first lesson.

B. Starting positions.

C. Setting-up Exercises (every exercise has two motions) :

1. Arms forward, 2. RAISE. Swing arms sideward.
2. Hands on hips, 2. PLACE. Rise on toes. (33.)
3. Hands on hips, 2. PLACE. Turn head right; same, left. (41.)
4. Hands on shoulders, 2. PLACE. Turn trunk sideward, right; same, left. (40.)
5. Hands on hips, 2. PLACE. Full bend knees, slowly. (39.)
6. Hands on hips, 2. PLACE. Bend trunk forward. (36.)
7. Arms to thrust, 2. RAISE. Move shoulders forward and backward. (35.)
8. Arms sideward, 2. RAISE. Bend trunk sideward, right; same, left. (31.)
9. From Attention. Stretch arms forward and sideward.
10. Hands on hips, 2. PLACE. Bend trunk backward. (34.)
11. Hands on hips, 2. PLACE. Extend right and left leg forward. (44.)
12. Breathing Exercise: Inhale, raising arms sideward and upward; exhale, lowering arms sideward.

D. Marching Exercises :

1. Marching in column in quick time, mark time, marching in quick time and halting. (88.)
2. Marching on toes. (89.)
3. Marching on toes and rocking.

E. Jumping Exercises :

1. Rise on toes and arms forward, 2. RAISE. Swing arms downward and bend knees; swing arms forward and extend knees, and recover Attention.
2. Jumping in place. (193.)

F. Double Timing :

1. Double timing, change to quick time and halting. (92.)

G. Concluding Exercises :

1. Breathing exercise, raising and lowering arms sideward.

47. Third lesson.—A. Disciplinary Exercises, as in first lesson.

B. Starting Positions.

C. Setting-up Exercises:

1. Arms forward, 2. RAISE. Swing arms downward and sideward. (4 motions.)
2. Hands on hips, 2. PLACE. Rise on right and left toes, alternately. (4 motions.) (46.)
3. Hands on hips, 2. PLACE. Bend head forward and backward. (4 motions.) (38.)
4. Arms sideward, 2. RAISE. Turn trunk right and left. (4 motions.) (53.)
5. Hands on hips, 2. PLACE. Rise on toes and full bend knees slowly. (4 motions.) (39.)
6. Fingers in rear of head, 2. PLACE. Bend trunk forward. (2 motions.) (42.)
7. Arms to thrust, 2. RAISE. Move shoulders forward, upward, backward, and recover. (4 motions.)
8. Hands on shoulders, 2. PLACE. Bend trunk sideward, right, and left. (4 motions.) (37.)
9. From Attention. Stretch arms sideward, upward, sideward, and recover. (4 motions.)
10. Hands on shoulders, 2. PLACE. Bend trunk backward. (2 motions.) (34.)
11. Hands on hips, 2. PLACE. Extend right and left leg backward. (2 motions.)
12. Breathing Exercise: Inhale, raising arms forward, upward; and exhale, lowering arms sideward, down.

D. Marching Exercises:

1. Marching in quick time, raising knees. (89.)
2. Thrusting arms sideward.

E. Jumping Exercises:

1. Standing broad jump.
2. Three successive broad jumps.

F. Double Timing:

1. Double timing. (92.)
2. Double timing, marking time in the double and forward.
3. Double timing and halting from the double.

G. Gymnastic Contests. Two of these games should be included in each lesson. See pp. 39-40.

H. Concluding Exercises:

1. Breathing exercise, as in 12.

48. **Fourth lesson.**—A. Disciplinary Exercises, as in first lesson.

B. Starting Positions.

C. Setting-up Exercises:

1. Hands on shoulders, 2. PLACE. Extend arms forward; swing sideward, forward, and recover. (4 motions.)
2. Hands on hips, 2. PLACE. Rise on toes quickly. (2 motions.) (33.)
3. Hands on hips, 2. PLACE. Turn head right and left. (4 motions.) (41.)
4. Arms upward, 2. RAISE. Turn trunk right and left. (4 motions.)
5. Hands on hips, 2. PLACE. Half bend knees quickly. (2 motions.) (35.)
6. Arms sideward, 2. RAISE. Bend trunk forward. (2 motions.)
7. Hands on shoulders, 2. PLACE. Move elbows forward, and stretch backward. (2 motions.) (45.)
8. Arms upward, 2. RAISE. Bend trunk sideward, right and left. (4 motions.)
9. From Attention. Stretch arms forward, sideward, upward, sideward, forward, and recover. (6 motions.)
10. Arms sideward, 2. RAISE. Bend trunk backward. (2 motions.)
11. Hands on hips, 2. PLACE. Extend legs sideward. (2 motions.)
12. Breathing Exercise: 1. Inhale, raising arms forward, upward; exhale, lowering arms sideward.

D. Marching Exercises:

1. Marching in quick time raising knees, and rising on toes of other foot.
2. Raising heels.
3. Thrusting arms sideward.

E. Jumping Exercises:

1. Three successive standing broad jumps.
2. Jumping in place, raising knees.

F. Double Timing:

1. Double timing.
2. Raising heels.
3. Double timing, sideward, crossing legs.

G. Gymnastic Contests.

H. Concluding Exercises:

1. Swing arms forward, upward, relaxed.
2. Breathing exercise, as in 12.

49. Fifth lesson.—A. Disciplinary Exercises.**B. Starting Positions.****C. Setting-up Exercises:**

1. Arms to thrust. Thrust arms upward; swing downward; forward; upward, and recover. (4 motions.) (55.)
2. Hands in rear of head. Rise on toes and rock. (2 motions.) (39.)
3. Hands on hips. Bend head forward and backward. (4 motions.)
4. Hands on shoulders. Turn trunk right and left, stretching arms sideward. (4 motions.) (52.)
5. Full bend knees. Hands on ground between knees, squatting position, extend right and left leg backward, alternately. (4 motions.) (65.)
6. Hands on shoulders. Bend trunk forward and stretch arms sideward. (2 motions.) (51.)
7. From Attention. "Curl" shoulders forward and stretch backward. (2 motions.) (38.)
8. Hands on shoulders. Bend trunk sideward, right and left, extending arms sideward. (4 motions.) (65.)
9. From Attention. Flex forearms vertically; extend upward; flex and recover. (4 motions.) (54.)
10. Hands on shoulders. Bend trunk backward, stretching arms sideward. (2 motions.) (56.)
11. From Attention. Raise arms forward and extend leg forward; stretch arms sideward, extending leg backward; move arms and leg to first position and recover Attention. (4 motions.) (53.)
12. Breathing Exercise: Raise arms sideward; upward; and lower laterally quickly. (4 motions.)

D. Marching Exercises:

1. March in quick time and swing extended leg forward, ankle high.
2. Raising knee and hopping on other foot.
3. From arms forward. Swing arms upward.

E. Jumping Exercises:

1. Standing hop, step and jump.
2. Preliminary running broad jumps.
3. Broad jump from a walking start of four paces. (197.)

F. Double Timing:

1. Double timing.
2. Double timing sideward, crossing leg in front.
3. Double timing, raising knees.

G. Gymnastic Contests.**H. Concluding Exercises:**

1. Bend trunk forward and backward, relaxed.
2. Breathing exercise, as in 12.

50. Sixth lesson.—A. Disciplinary Exercises.

B. Starting Positions.

C. Setting-up Exercises:

1. Hands on shoulders. Extend arms forward, swinging right arm up, left down; return to front horizontal and recover; same, reversed. (8 motions.)
2. Hands on hips. Rise on toes; bend knees quickly, extending arms sideward; recover. (4 motions.)
3. Hands on hips. Turn head, right and left, and bend forward and backward. (8 motions.)
4. Arms upward. Turn trunk, right and left, stretching arms to side horizontal, palms up. (4 motions.)
5. From Attention. Bend knees to squatting position (see exercise 5, lesson 5) and extend legs backward to front *leaning rest*; return to squatting position, and recover position of Attention. (4 motions.) (58.)
6. Hands on hips. Full bend trunk forward, stretching arms downward. (2 motions.)
7. Arms sideward. Rotate arms forward and backward. (2 motions.) (52.)
8. Hands on hips. Bend trunk sideward, right and left, stretching opposite arm upward. (4 motions.)
9. From Attention. Stretch arms forward; sideward; upward; sideward; forward and recover. (6 motions.)
10. Arms upward. Bend trunk backward, stretching arms to side horizontal, palms up. (2 motions.)
11. From Attention. Stretch arms sideward, extending leg sideward. (2 motions.)
12. Breathing Exercise: Raising arms forward, upward, and lowering laterally.

D. Marching Exercises:

1. Marching in quick time.
2. Swing extended leg forward, knee high.
3. Raising knee and extend leg forward.
4. Extend arms sideward, from hands on shoulders.

E. Jumping Exercises:

1. Broad jump, walking start of 8 paces.
2. Broad jump, running start of 6 paces.
3. Hop, step, and jump, from walking start of 8 paces.
Take-off to be from the right and left foot.

F. Double Timing:

1. Double timing.
2. Swinging extend leg forward.
3. Raising knees.

G. Gymnastic Contests.

H. Concluding Exercises:

1. Swing arms forward and sideward, relaxed.
2. Breathing exercise, as in 12.

51. Seventh lesson.—A. Disciplinary Exercises.**B. Starting Positions.****C. Setting-up Exercises:**

1. Raise right arm upward. Swing right arm forward, downward; left forward, upward, and reverse. (2 motions.)
2. Hands on hips. Hop alternately on right and left foot, extending leg forward. (4 motions.)
3. Hands on hips. Neck exercises.
4. Stride sideward right and raise arms forward.
2. STRIDE. Turn trunk right and left, stretching arms to side horizontal. (4 motions.)
5. From Attention. Bend knees to squatting position; extend legs to leaning rest (see exercise 5, lesson 6), bend and extend arms, return to squatting position and recover Attention. (6 motions.)
6. Arms to thrust. Thrust arms forward, sideward, upward, and down. (8 motions.)
7. Stride sideward right and raise arms sideward.
2. STRIDE. Full bend trunk forward, stretching arms downward. (2 motions.)
8. Side stride right, arms forward. Bend trunk sideward, right and left, stretching arms sideward, palms down. (4 motions.)
9. From Attention. Stretch arms as in sixth lesson, rising on toes with upward stretch. (6 motions.)
10. Side stride right, arms forward. Bend trunk backward, stretching arms sideward, palms up. (2 motions.)
11. Front stride right, arms forward. Stretch arms sideward, extending left leg backward. (2 motions.)
12. Breathing Exercise: Raising arms sideward, upward, and lower sideward.

D. Marching Exercises:

1. Marching in quick time.
2. Raising knees.
3. Swing arms downward and forward, and sideward from arms forward.
4. Swing extended leg forward, waist high.

E. Jumping Exercises:

1. Broad jump, facing right, running start of 12 paces.
2. Same, facing left.
3. Broad jump, raising knees, running start of 8 paces.

F. Double Timing:

1. Double timing.
2. Raising leg backward.
3. Lengthening stride.

G. Gymnastic Contests.**H. Concluding Exercises:**

1. Bending trunk forward and backward, relaxed.
2. Breathing exercise, as in 12.

52. Eighth lesson.—A. Disciplinary Exercises.

B. Starting Positions.

C. Setting-up Exercises:

1. Arms sideward, palms up. Circumduct arms backward. (2 motions.)
2. Hands on shoulders. Rise on toes, extending arms upward. (2 motions.)
3. Side stride right, hands on hips. Neck exercises.
4. Side stride right, arms sideward. Turn trunk, right and left, stretching arms upward. (4 motions.)
5. From Attention. Bend knees to squatting position; extend legs to leaning rest, legs separated; bend and extend arms; return to squatting position and recover Attention. (6 motions.)
6. Arms to thrust. Thrust right arm upward and left down, and alternate. (4 motions.)
7. Side stride right, arms sideward. Bend trunk forward, stretching arms obliquely forward; upward, and bend trunk backward, stretching arms sideward. (4 motions.)
8. Side stride right, arms sideward. Bend trunk sideward, right and left, stretching arms upward. (4 motions.)
9. From Attention. Stretch arms, rising on toes as in seventh lesson. (6 motions.)
10. Side stride right, hands on hips. Rise on toes, full bend knees, and extend arms sideward. (4 motions.)
11. From Attention. Stretch arms sideward, extending leg forward; stretch arms upward, extending leg backward; return to first position and recover. (4 motions.)
12. Breathing Exercise: Raising and lowering arms laterally.

D. Marching Exercises:

1. Marching in quick time.
2. Raise knee and hop on other foot.
3. Lunging step. (90.)
4. Circumduct arms backward, from arms sideward.

E. Jumping Exercises:

1. Standing broad jump for distance.
2. Standing three jumps for distance.
3. Standing hop, step, and jump for distance.

F. Double Timing:

1. Double timing.
2. Lengthening step.
3. Swinging extended leg forward.

G. Gymnastic Contests.

H. Concluding Exercises:

1. Circling arms outward, relaxed.
2. Breathing exercise, as in 12.

53. Ninth lesson.—A. Disciplinary Exercises.**B. Starting Positions.****C. Setting-up Exercises:**

1. Flex forearms horizontally; fling arms sideward; flex forearms and recover. (4 motions.)
2. Side stride right, with arms forward. Rise on toes, swinging arms forward—upward. (2 motions.)
3. Hands on hips. Neck exercises.
4. Hop to side straddle, arms forward, fingers laced. Turn trunk, right and left, swinging arms sideward, right and left. (2 motions.)
5. Arms to thrust. Quarter, half, and full bend knees; thrusting arms sideward. (4 motions.)
6. Hop to side straddle, arms upward. Full bend trunk forward, swinging arms between legs; swing arms upward and bend trunk backward. (2 motions.) (63.)
7. Hands on shoulders. Extend right arm upward and left sideward, and reverse. (4 motions.)
8. Side straddle, arms sideward. Bend trunk sideward, right and left, swinging right, left, arm downward to the rear and left, right, arm upward. (2 motions.)
9. From Attention. Stretching arms forward; upward; sideward, and down. (4 motions.)
10. From Attention. Bend knees to squatting position; extend to front leaning rest; change to right side leaning rest; to front leaning rest; squatting position, and recover Attention. Same going to left side leaning rest. (6 motions.)
11. Hands on hips. Swing legs forward, waist high, alternately, extending corresponding arm forward. (57.)
12. Breathing Exercise: Raising arms sideward, obliquely upward, lowering sideward.

D. Marching Exercises:

1. Marching in quick time.
2. Raising knees.
3. Raising heels.
4. Extending arms upward, from hands on shoulders.

E. Jumping Exercises:

1. Running broad jump for distance.
2. Running hop, step, and jump for distance.

F. Double Timing:

1. Double timing.
2. With jumping stride.
3. Sideward, crossing legs.

G. Gymnastic Contests.**H. Concluding Exercises:**

1. Bending trunk sideward, relaxed.
2. Breathing exercise, as in 12.

54. Tenth lesson.—A. Disciplinary Exercises.**B. Starting Positions.****C. Setting-up Exercises:**

1. Arms sideward. Circle arms outward and inward. (4 motions.)
2. Side straddle, arms forward. Rise on toes, stretching arms sideward; bend knees, stretching arms upward; and return in reverse order, and recover. (4 motions.)
3. Hands on hips. Neck exercises.
4. Side straddle, arms sideward. Turn trunk right and left, lacing fingers behind head. (4 motions.)
5. From Attention. Bend knees to squatting position; extend legs to leaning rest; straddle legs sideward; close legs, and recover Attention. (6 motions.)
6. Hands on shoulders. Extend arms forward, sideward, and upward, alternately. (6 motions.)
7. Side straddle, hands on hips. Full bend trunk forward, extending arms downward; bend trunk backward and extend arms sideward, palms up; recover in reverse order. (4 motions.)
8. Arms forward. Lunge forward, right and left, swinging arms sideward. (4 motions.)
9. Side straddle, arms sideward. Sway trunk sideward from right to left. (2 motions.)
10. Hands on shoulders, hands closed. Strike arms sideward. (2 motions.) (36.)
11. Arms sideward. Swing extended right, left, leg forward and backward. (2 motions.)
12. Breathing Exercise: Stretching arms forward and outward to side; upward oblique, and lower laterally.

D. Marching Exercises:

1. Marching in quick time.
2. Raising knee and rising on toes of opposite foot.
3. Thrust arms forward and sideward.
4. Hands on hips, bend trunk forward, stretching left arm downward as the left foot strikes the ground; recover as the right foot comes forward; same on right foot.

E. Jumping Exercises:

1. Running broad jump, raising knees.
2. Running broad jump, executing complete turn in the start just before taking off.
3. Same, with two turns.

F. Double Timing:

1. Double timing.
2. Running sideward, crossing legs.
3. Galloping right, or left, foot leading.

G. Gymnastic Contests.**H. Concluding Exercises:**

1. Trunk swaying forward and backward.
2. Breathing exercise, as in 12.

55. Eleventh lesson.—A. Disciplinary Exercises.

B. Starting Positions.

C. Setting-up Exercises:

1. From Attention. Swing arms forward, upward, and lower, backward. (2 motions.)
2. Full bend knees, arms sideward. Rock on knees, circumducting arms backward. (2 motions.) (56.)
3. Hands on hips. Neck exercises.
4. Side straddle, arms upward. Turn trunk right, and left, and stretch arms sideward. (4 motions.)
5. Sitting position. This position is reached by crossing the right leg over the left and bending the knees; arms folded. Lower to prone position and rise to sitting position. (2 motions.) Recover Attention by crossing legs and extending knees, facing about. Men should be cautioned to inhale before lowering or raising the body.
6. From Attention. Flex arms horizontally, fling sideward, flex and recover. (4 motions.)
7. Side straddle, hands on hips. Full bend trunk forward and extend arms downward; raise and bend trunk backward, stretching arms sideward; bend forward, lowering arms forward, and recover. (4 motions.)
8. From Attention. "Curl" shoulders forward and stretch backward. (38.)
9. Side straddle, arms sideward. Bend trunk sideward right, bending right knee and swinging right arm down to the rear, left obliquely upward; recover; same left. (4 motions.)
10. From Attention. Hop to side straddle and back to Attention, raising arms sideward, upward, and down. (2 motions.) (50.)
11. From Attention. Stride forward right, left, raising arms forward; extend left, right, leg backward, stretching arms sideward; recover first position, and Attention. (4 motions.)
12. Breathing Exercise: With arm raisings.

D. Marching Exercises:

1. Marching in quick time.
2. Bend forward and extend, left, right, arm downward, on left or right foot.
3. Same as above, extending right, left, arm upward, rising on toes.

E. Jumping Exercises:

1. Running broad jump, raising knees, for distance.
2. Running broad jump and two standing broad jumps.

F. Double Timing:

1. Double timing.
2. Raising knees.
3. Jumping stride.

G. Gymnastic Contests.

H. Concluding Exercises:

1. Trunk bending sideward, relaxed.
2. Breathing exercise, as in 12.

56. Twelfth lesson.—A. Disciplinary Exercises.**B. Starting Positions.****C. Setting-up Exercises:**

1. From arms flexed vertically. Raise elbows sideward, fling arms sideward, flex arms horizontally, lower elbows to first position. (4 motions.)
2. Hands on hips. Full bend knees, extending arms forward, stretch arms sideward; stretch arms forward; extend knees, and recover. (4 motions.)
3. Hands on hips. Neck exercises.
4. Stride forward right, arms forward. Turn trunk right, stretching arms sideward; same, left. (2 motions.)
5. Squatting position. Extend legs backward to front, leaning; rest; turn to right side leaning; rest and recover Attention in reverse order; same, left. (6 motions.)
6. From Attention. Stretch arms forward, sideward, upward, sideward, forward, and down, rising on toes with upward stretch. (6 motions.)
7. Side straddle, arms overhead, hands closed. Full bend trunk forward, bending knees slightly, swinging arms between legs; raise trunk, rising on toes and bending trunk backward slightly. (2 motions.)
8. Arms to thrust. Move shoulders forward, upward, backward, and down. (4 motions.) (48.)
9. Side straddle, arms overhead, fingers laced. Sway trunk sideward right and left. (2 motions.)
10. Hands on hips. Hop on right and left foot alternately, extending leg forward. Four hops on each foot. (8 motions.) (86.)
11. From Attention, repeat balance exercise described under exercise 11, lesson 11.
12. Breathing Exercise: "Curl" shoulders forward, slightly rotating arms inward; inhale, raising and stretching arms forward—outward to side horizontal, palms up; lower laterally.

D. Marching Exercises:

1. Marching in quick time.
2. From arms to thrust. Thrust arms forward, swing sideward, forward, and recover.
3. Repeat, alternating bending forward and extending arm downward and extending arm upward and rising on toes.
4. Raise knees, rising on or hopping on other foot.

E. Jumping Exercises:

1. Running broad jump for distance, raising knees.
2. Running broad jump and two standing jumps.
3. Running broad jump and standing hop, step, and jump.

F. Double Timing:

1. Double timing.
2. Raising knees.
3. Jumping stride, raising knees.

G. Concluding Exercises:

1. Arm circling inward and outward, relaxed.
2. Breathing exercise, as in 12.

SECTION IX.

FIELD TRAINING OF TRAINED SOLDIERS.

	Paragraph.
How this course differs from recruit course-----	57
Composition and number of lessons-----	58
Instructors cautioned to make course interesting-----	59
Trained soldier's conditioning course-----	60
Morning and afternoon periods-----	61

57. **How this course differs from recruit course.**—This course differs from the recruit instruction in that it aims to be less for the purpose of instruction but more for the purpose of keeping the already trained man fit and prepared for any emergency. As the trained soldier is constantly kept engaged in more or less strenuous military drills, and as he is also in such physical condition that he can indulge in the more strenuous and intensive forms of bodily activities with benefit to himself, the time devoted to this training may be reduced materially in his case.

58. **Composition and number of lessons.**—Four lessons for the trained soldier are given here. They are to serve as examples to instructors who may at their discretion substitute others, so long as they adhere to the general principles laid down in this syllabus. The amount and degree of work must be fitted to the capabilities of the men and the time allotted to this training.

59. **Instructors cautioned to make course interesting.**—Instructors are warned that in order to maintain the trained soldier's interest and enthusiasm the drill must be made interesting. To attempt to get results by means of the same exercise constantly repeated is impossible with the American trained soldier. Being an intelligent, thinking individual the best results are obtained when his mind as well as his body is employed. This can be accomplished by giving variety to the drill.

60. **Trained soldier's conditioning course.**—In the trained soldier's conditioning exercises, jumping, running, etc., difficulty is added by having the men carry part of their equipment or all of it. Beginning with the rifle other parts may be added gradually.

61. **Morning and afternoon periods.**—A morning period of from 20 to 30 minutes devoted to setting-up exercises and marching or double-time exercises, and an afternoon period of 30 minutes devoted to bayonet training, or rifle exercises, etc., together with voluntary athletics, in which all should be encouraged to indulge, will suffice to keep the trained soldier always fit.

SECTION X.

LESSONS FOR TRAINED SOLDIERS.

	Paragraph.
First lesson-----	62
Second lesson-----	63
Third lesson-----	64
Fourth lesson-----	65

62. First lesson.—A. Starting Positions.

B. Setting-up Exercises:

1. Arms to thrust. Thrust arms forward; swing side-ward; forward, and back to position. (4 motions.) (49.)
2. Forearms flexed horizontally. Rise on toes and fling arms sideward. (2 motions.)
3. Hands on hips. Neck exercises, bending and turning.
4. Side straddle, arms forward, fingers laced. Turn trunk right and left, swinging both arms in the same direction. (2 motions.)
5. Full bend knees, squatting position, hands on hips. Extend knees to on-toes position slowly and stretch arms upward; recover squatting position quickly. (2 motions.)
6. Side stride right, hands on hips. Bend trunk forward and extend arms downward; recover; then bend trunk backward and extend arms sideward, palms up. (4 motions.)
7. From Attention. Stretch arms downward; raise forward, stretch sideward; upward, rising on toes; lower sideward; move forward, and recover. (6 motions.)
8. From Attention. Leaning rest exercise in four motions. Squatting position, with hands on the ground; extend legs backward; return to squatting position and recover Attention. (58.)
9. Arms to thrust. Move shoulders forward, upward, backward, and recover. (4 motions.)
10. Side straddle, arms upward, fingers laced. Bend trunk from right to left, swaying. (2 motions.)
11. Arms to thrust. Lunge forward right, thrusting arms forward; in the lunging position, swing arms sideward, then forward and recover; same left. (4 motions.)

12. Breathing Exercise: With arm raisings.

C. Marching, Double Timing Exercises, or Contests.

63. Second lesson.—A. Starting Positions.**B. Setting-up Exercises:**

1. Arms to thrust. Thrust arms upward, swing downward and backward, swing upward and recover. (4 motions.) (55.)
 2. Hands on hips. Rise on toes; full bend knees and extend arms sideward; return to first position and recover. (4 motions.) (51.)
 3. Hands on hips. Neck exercise, bending and turning.
 4. Forward stride right, arms forward. Turn trunk right and stretch arms sideward; same, to the left, with left foot forward.
 5. Full bend knees, squatting position, arms forward. Rock on knees and swing arms downward and forward. (2 motions.)
 6. Side stride right, arms upward, fingers laced. Bend trunk forward, bending knees slightly, and swing arms between the legs, raise the trunk and body on the toes and swing arms upward, bending the body backward slightly. (2 motions.)
 7. From Attention. Arm-stretching exercises in six motions.
 8. From squatting position, hands on the ground. Extend to leaning rest and recover squatting position. (2 motions.)
 9. Hands on shoulders. Move elbows forward and stretch them backward. (2 motions.) (45.)
 10. Side straddle, arms upward. Bend trunk sideward right and stretch arms sideward; same, left. (2 motions.)
 11. Hands on shoulders. Lunge sideward right and left, extending arms sideward, and recover. (4 motions.)
 12. Breathing Exercise: With arm raisings.
- C. Marching, Double Timing Exercises, or Contests.**

64. Third lesson.—A. Starting Positions.

B. Setting-up Exercises :

1. Arms to thrust. Thrust arms forward, swing right up and left down, swing to front horizontal and recover. Repeat, reversing arm swing. (8 motions.) (61.)
 2. Hands on hips. Rise on toes and hop. (2 motions.) (42.)
 3. Hands on hips. Neck exercises, bending and turning.
 4. Side stride right, arms forward. Turn trunk to the right and stretch arms sideward; same left. (4 motions.)
 5. Full bend knees, squatting position, hands on the ground between knees. Extend legs to side straddle, hands remaining on the ground, feet in plane of hands, and recover the squatting position.
 6. Side stride right, fingers laced behind head. Full bend trunk forward, raise and bend the trunk backward, stretching arms sideward; bend trunk forward, lacing fingers in rear of head, and recover. (4 motions.)
 7. From Attention. Arm-stretching exercise in 6 motions.
 8. In the leaning rest, bend and extend arms, or raise legs backward alternately. (2 motions.)
 9. From Attention. "Curl" shoulders forward and stretch backward. (4 motions.) (38.)
 10. Side straddle, arms sideward. Bend trunk sideward right, bending right knee and swinging right arm downward to rear of body, left arm upward close to head; same, left. (4 motions.)
 11. From Attention. Hop to side straddle, swinging arms upward laterally; bend knees and move arms to side horizontal; return to first position and recover. (4 motions.)
 12. Breathing Exercise: With arm raisings.
- C. Marching, Double Timing Exercises, or Contests.

65. Fourth lesson.—A. Starting Positions.

B. Setting-up Exercises:

1. Hands on shoulders. Extend arms upward, swinging downward laterally, upward laterally, and recover. (4 motions.) (62.)
 2. Hands laced behind head. Rise on toes, and rock. (2 motions.) (33.)
 3. Hands on hips. Neck exercises. Bend and turn.
 4. Side straddle, arms upward. Turn trunk to right and stretch arms to side horizontal; same, left. (4 motions.)
 5. Full bend knee, squatting position, hands on hips. Hop in the squatting position.
 6. Forward stride right, arms sideward. Bend trunk forward, bending right knee; raise trunk, extending knee, and bend trunk backward, stretching arms upward; return to first position and recover. (4 motions.)
 7. From Attention. Arm-stretching exercise in 6 motions.
 8. From Attention. Bend to the squatting position; extend to the leaning rest; squat between hands to sitting position; turn to the right-about to the leaning rest and recover. (6 motions.)
 9. From side horizontal, palms down. Rotate arms backward and forward. (2 motions.) (52.)
 10. Side straddle, hands on shoulders. Bend trunk sideward right, extending right arm obliquely downward, left obliquely upward, and bend right knee, and recover; same, left. (4 motions.)
 11. From Attention. Hop to side straddle, placing hands on shoulders; full bend trunk forward and extend arms downward, return to first position and recover. (4 motions.)
 12. Breathing Exercise: With arm raisings.
- C. Marching Exercises, Double Timing Exercises, or Contests.



SECTION XI.

GYMNASTIC CONTESTS.

Paragraph.

The object of these contests----- 66
Description of the contests----- 67-76

66. In all of these contests the men are brought into personal contact; they are personal encounters that, aside from their physical value, bring out and develop aggressiveness, agility, quickness of perception, confidence, and morale.

In contests in which superiority is determined by skill and agility no restrictions need be placed upon the efforts of the contestants; in those contests, however, that are determined chiefly by strength and endurance it is well to call a "draw" when the contest is likely to be drawn out to the point of exhaustion of one or both contestants.

Two of these contests should be included in every lesson, except in the two preliminary lessons. Contests requiring skill and agility should alternate with those that depend upon strength and endurance.

67. **Cane wrestling.**—The cane to be about an inch in diameter and 3 feet long of hardwood, with ends rounded.

Contestants grasp it with the right hand, knuckles down, at one end, and with the left hand, knuckles up, inside of and close to the opponent's right hand.

The object is to wrest the cane from the opponent. Loss of grip with either hand loses the bout. This contest brings into play nearly all of the muscles of the body, principally those of the shoulders, arms, upper chest, and back.

68. **Pole twisting.**—Contestants grasp a short pole, about 4 feet long and $1\frac{1}{2}$ inches in diameter, with both hands, knuckles up, one hand being inside and the other outside the opponent's hands; arms are extended overhead.

The object is to make the pole revolve in the opponent's hands by forcing it down. The muscles of the forearm, fingers, shoulders, and upper back and chest are brought into action in this contest.

69. **"Squatting" tug.**—Contestants sit on the ground facing each other, legs extended, soles of feet in contact; a short pole, such as is used in pole twisting, is grasped, as in that contest, close to the feet.

The object is to pull the opponent to his feet. Arm, shoulder, leg, and most of the trunk muscles are brought into play.

70. **Single-pole pushing.**—Contestants grasp the end of a pole, 6 feet long and 2 inches in diameter, with both hands, one end of the pole under the right arm, and brace themselves.

The object is to push the opponent back. This contest should be practiced with the right and left foot forward.

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SECTION XI.

GYMNASTIC CONTESTS.

	Paragraph.
The object of these contests-----	66
Description of the contests-----	67-76

66. In all of these contests the men are brought into personal contact; they are personal encounters that, aside from their physical value, bring out and develop aggressiveness, agility, quickness of perception, confidence, and morale.

In contests in which superiority is determined by skill and agility no restrictions need be placed upon the efforts of the contestants; in those contests, however, that are determined chiefly by strength and endurance it is well to call a "draw" when the contest is likely to be drawn out to the point of exhaustion of one or both contestants.

Two of these contests should be included in every lesson, except in the two preliminary lessons. Contests requiring skill and agility should alternate with those that depend upon strength and endurance.

67. **Cane wrestling.**—The cane to be about an inch in diameter and 3 feet long of hardwood, with ends rounded.

Contestants grasp it with the right hand, knuckles down, at one end, and with the left hand, knuckles up, inside of and close to the opponent's right hand.

The object is to wrest the cane from the opponent. Loss of grip with either hand loses the bout. This contest brings into play nearly all of the muscles of the body, principally those of the shoulders, arms, upper chest, and back.

68. **Pole twisting.**—Contestants grasp a short pole, about 4 feet long and $1\frac{1}{2}$ inches in diameter, with both hands, knuckles up, one hand being inside and the other outside the opponent's hands; arms are extended overhead.

The object is to make the pole revolve in the opponent's hands by forcing it down. The muscles of the forearm, fingers, shoulders, and upper back and chest are brought into action in this contest.

69. **"Squatting" tug.**—Contestants sit on the ground facing each other, legs extended, soles of feet in contact; a short pole, such as is used in pole twisting, is grasped, as in that contest, close to the feet.

The object is to pull the opponent to his feet. Arm, shoulder, leg, and most of the trunk muscles are brought into play.

70. **Single-pole pushing.**—Contestants grasp the end of a pole, 6 feet long and 2 inches in diameter, with both hands, one end of the pole under the right arm, and brace themselves.

The object is to push the opponent back. This contest should be practiced with the right and left foot forward.

The extensor muscles of the legs and most of the muscles of the trunk and shoulders are brought into action.

71. **Double-pole pushing.**—Same as in the above contest, except that two poles are used instead of one.

72. **Individual tug of war.**—Contestants face each other, each holding the end of an inch rope about 8 feet long in both hands.

At "go" they turn about, slipping the rope over the right shoulder and endeavor to pull the opponent backward. This should be practiced with the rope over the right and left shoulders.

Most of the muscles of the trunk and arms and the extensor muscles of the legs are brought into action.

73. **One-armed wrestle.**—Contestants face each other; right hands grasped; feet well apart; the outside of the right feet in contact.

The object is to make the opponent raise or change the position of his feet. This should also be practiced with the left hand.

The muscles of the right arm and side and the lower trunk and leg muscles are brought into action.

74. **Limping combat.**—Contestants hop on one leg, arms folded closely over the chest.

The object is to make the opponent change from one foot to the other by butting him with the fleshy part of the shoulder or by dodging. This should be practiced with the left leg also.

The muscles of the leg used are brought into action.

75. **One-legged tug.**—Contestants standing on one leg, with hands grasped, endeavor to pull the opponent forward. Should be done with right and left legs.

Muscles of arm and leg used are brought into action.

76. **The siege.**—One contestant stands with one foot in a 15-inch circle, the other foot outside of it; arms folded. Two other contestants, hopping as in 74, endeavor to butt him out of the circle or make him raise the foot in the circle. The occupant of the circle in the meantime endeavors, by butting or dodging, to make the attackers change feet or touch the ground with their hands.

Leg muscles are brought into play.

77. **Battle royal tug.**—Three contestants stand facing each other, with hands grasped, about a circle from 3 to 3½ feet in diameter.

The object is to endeavor to make one of the three step into this circle.

About every muscle of the legs, arms, and trunk are brought into action by this contest.

78. **Leg wrestling.**—Contestants lie upon the ground, face up; right shoulders in close contact, right elbows closely locked. The right leg is then swung upward in a given number of preliminary swings and at a signal it is locked with the opponent's leg.

The object is to roll the opponent over by forcing his leg down. Should be practiced with left leg also.

Leg and abdominal muscles are used chiefly.

